

Group Fitness Class Descriptions: NOVEMBER 2015

Cardio Core: Improve cardiovascular strength and endurance along with sculpting the body in this interval training class. Work your entire core to improve body control, balance and stability, and reduce injury. This class will have you torching calories, and burning fat!

CardioDance: CardioDance uses a variety of music and dance steps including Latin, Hip-Hop, and ballroom. Dances will alternate between easy and more complex. Burn fat, blast calories! No experience and no partner necessary.

Core Yoga: An energizing and challenging combination of yoga postures (asanas) that focuses on building core strength. For students who want to emphasize working on the physical body from the yogic perspective.

Cycle: This group cycling class is designed for all fitness levels. It involves various cycling drills that offer an exhilarating cardiovascular workout! **ALSO ARRIVE 10 MINUTES EARLY IN ORDER TO SET UP YOUR BIKE. BRING A TOWEL AND WATER.**

Cycle-30/Core-30: Begin this class with a 30 minute interval ride to improve leg strength, cardiovascular, and power endurance. End with 30 minutes of intense core strength and stability work.

Cycle Strength: Get a total body workout in just 45 minute with this freestyle cycle class combined with upper body strengthening.

Easy Dance: Creative choreography and toe tapping music are the keys to this low intensity workout.

Flow Yoga: Connects movement with the breath in a series of flowing yoga postures. Through awareness and intention, the flow of postures is used as a vehicle to enhance the mind/body/spirit connection. **40, 60 or 75 minute classes.**

HIP HOP: This class is all about getting your groove on. Smile away the hour in this high energy dance class with lots of repetitious hip hop and club steps.

HIIT: Take your workout to the next level with High Intensity Interval Training. This class will build muscular strength and improve cardiovascular fitness through various exercises performed at specific intervals.

Hot Fusion: Elements of Flow Yoga and Vinyasa Yoga in a heated room (85-90 degrees). It is a warm practice, but not overwhelming. By heating the room your body is warmed which allows muscles, joints and ligaments to ease deeper into the postures, pairing movement with the breath while, at the same time, detoxifying the body. **FOR ALL LEVELS. 60 or 75 minute classes**

Instructors Choice: Instructor chooses the workout! You never know what will be in store!

Jump Start Cardio-30/Muscle Pump-30: A 30 minute class built to improve cardiovascular endurance and burn fat utilizing jump rope and dynamic body movements to increase heart rate. Muscle Pump is a full body workout using resistance/weight training to increase muscular strength. Each muscle group will be worked to fatigue in only 30 minutes.

KickBoxing Bootcamp: Prepare to sweat in this bootcamp style class with intervals of sport specific exercises and boxing training. Increase your speed, agility, and strength with drills, boxing combos, and cardio.

Kick, Core & More: Consider kicking your workouts into high gear with this high intensity interval class. We combine functional floor exercises with boxing movements which works everything from balance and coordination to strength and muscular endurance. You will work your legs, thighs and booty which will have you burning calories and melting fat even after your workout is complete.

Power Yoga: Power Yoga is an energizing form of Flow Yoga for a challenging mind body workout.

RIPT: Repetition, Interval, Plyometric, Training. Take one muscle group at a time; work it to exhaustion, then move to the next muscle group....then the next. Scorching fat and sculpting muscle, a full-out attack on your body.

Rope Burn: A circuit training class using weights and jump ropes consisting of upper and lower body exercises to integrate flexibility, balance, strength, and cardio elements.

Tabata: Tabata training is one of the most effective types of interval training. Tabata features 20 second intervals of extreme exercise, followed by 10 seconds of rest, repeated eight times. These bursts of intense work will torch calories and strengthen your entire body.

Total Body Blast: This is a full body workout that involves cardio to increase the heart rate, and resistance training to sculpt the arms, butt, and core. It is an intense workout that will have you leaving class feeling great!

Vinyasa Flow: Vinyasa Flow yoga features a dynamic series of postures (asanas) practiced in a flowing sequence and coordinated with the breath. This challenging and exciting style of yoga helps develop balance, strength, and flexibility as it tones the body.

Zumba: A Latin and hip hop flavored choreographed dance class for a non-stop, calorie burning, high energy dance workout.